



Louisville Sends a Thoroughbred to the Mountain

by Kathy Collier, VA (VBA), Washington, D.C.

Health care and healing have always been part of the Winter Sports Clinic. After all, participants are disabled and have gone to a VAMC at some point. So, you might ask, why is a VA regional benefits office (VARO) a special part of the Clinic this year?

What most people don't know is that the VARO has been sending volunteers to the Clinic for several years. This year, though, they took a giant step forward.

It all began with a presentation at VBA Conference last year and a contribution from the participants of that conference to the employees of the hosting Louisville VARO, in appreciation for their support. In an unselfish act of kindness, the employees in the Louisville VA office decided that they would celebrate their reward by sending their own Kentucky thoroughbred to this year's Winter Sports Clinic.

By raising additional funds with employee-sponsored events, the Louisville office had the financial means to sponsor Bill Morrison—a West Point graduate whose military career ended when he lost a leg in a helicopter training accident.

A first-timer at the Clinic, Bill's start out of the gate was understandably slow, but it didn't take him long to conquer the snowy track yesterday. An experienced skier while growing up in Michigan and an Army field hockey player, Bill is no stranger to challenges. The challenges for Bill on this day, however, came in the same form that most newcomers to the Clinic experience—the opportunity to demonstrate that it is not about disability, but all about ability.

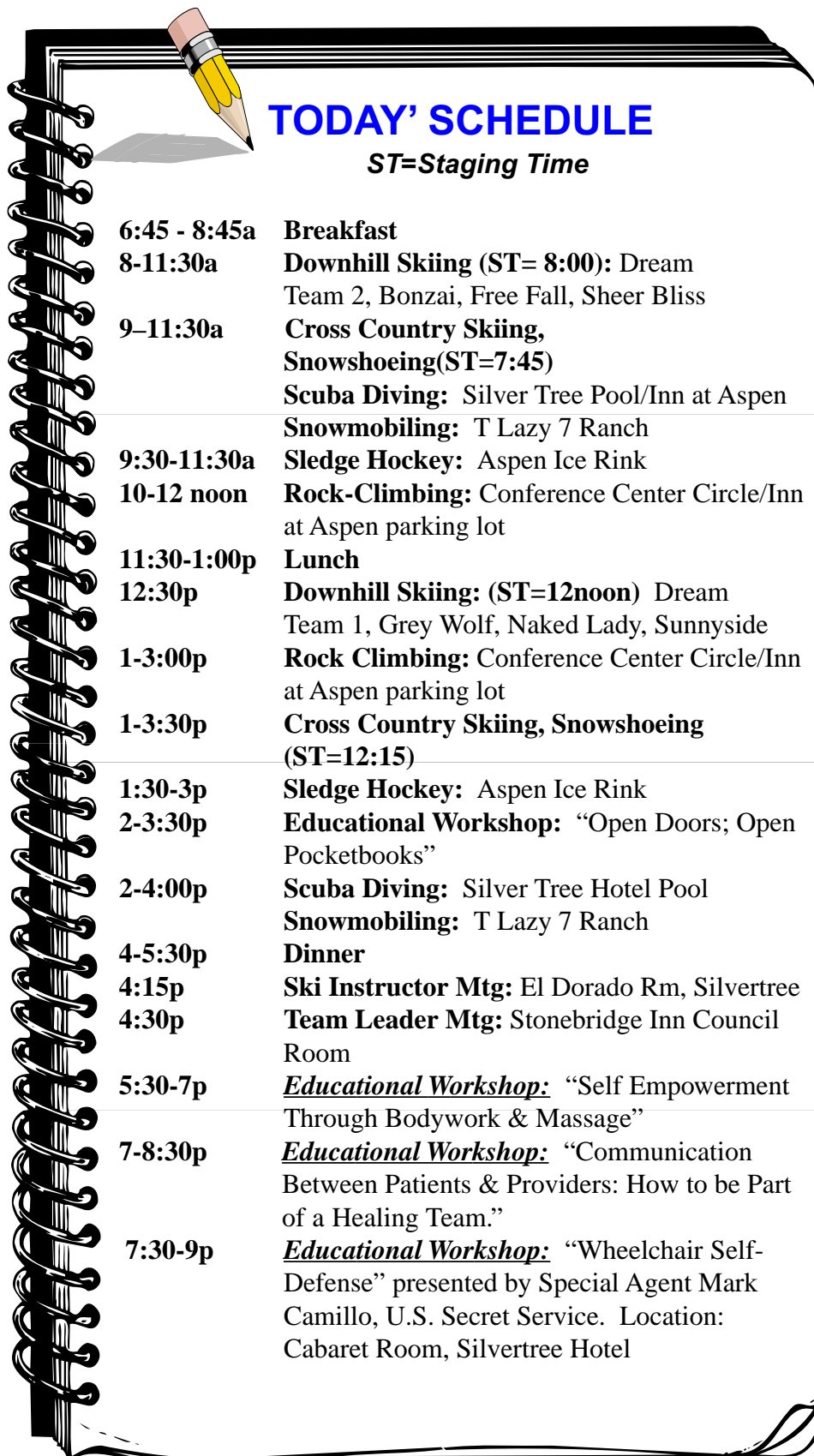
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From Sea to Shining Sea...And Everywhere in Between

Veterans participating in this year's Clinic are as diverse as the places they come from. Three hundred and fifty participants are here representing 40 states, the District of Columbia, and for the first time, Puerto Rico. Here are some other interesting tidbits about Clinic participants this year:

- 188 are Army veterans
- 69 are Navy veterans
- 41 are Marine Corps veterans
- 46 are Air Force veterans
- 3 are Coast Guard veterans
- 1 is a National Guard veteran
- 315 are men
- 35 are women
- The youngest veteran here is 21, (Tim Lindgrin)
- The oldest veteran here is 87, (Harry Felder)

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TODAY' SCHEDULE	
<i>ST=Staging Time</i>	
6:45 - 8:45a	Breakfast
8-11:30a	Downhill Skiing (ST= 8:00): Dream Team 2, Bonzai, Free Fall, Sheer Bliss
9-11:30a	Cross Country Skiing, Snowshoeing(ST=7:45)
	Scuba Diving: Silver Tree Pool/Inn at Aspen
	Snowmobiling: T Lazy 7 Ranch
9:30-11:30a	Sledge Hockey: Aspen Ice Rink
10-12 noon	Rock-Climbing: Conference Center Circle/Inn at Aspen parking lot
11:30-1:00p	Lunch
12:30p	Downhill Skiing: (ST=12noon) Dream Team 1, Grey Wolf, Naked Lady, Sunnyside
1-3:00p	Rock Climbing: Conference Center Circle/Inn at Aspen parking lot
1-3:30p	Cross Country Skiing, Snowshoeing (ST=12:15)
1:30-3p	Sledge Hockey: Aspen Ice Rink
2-3:30p	Educational Workshop: "Open Doors; Open Pocketbooks"
2-4:00p	Scuba Diving: Silver Tree Hotel Pool
	Snowmobiling: T Lazy 7 Ranch
4-5:30p	Dinner
4:15p	Ski Instructor Mtg: El Dorado Rm, Silvertree
4:30p	Team Leader Mtg: Stonebridge Inn Council Room
5:30-7p	<u>Educational Workshop:</u> "Self Empowerment Through Bodywork & Massage"
7-8:30p	<u>Educational Workshop:</u> "Communication Between Patients & Providers: How to be Part of a Healing Team."
7:30-9p	<u>Educational Workshop:</u> "Wheelchair Self-Defense" presented by Special Agent Mark Camillo, U.S. Secret Service. Location: Cabaret Room, Silvertree Hotel

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As a witness to Bill's final run, I can tell you that his smile spoke a thousand words. When asked how it went, Bill quickly responded, "It was great." When asked if he would do it again, Bill's smile answered for him – "See you next year!"

The Louisville VA Regional Office's commitment to support of the Winter Sports Clinic is overshadowed only by their love for veterans, particularly disabled veterans. "Watching Bill and all these veterans makes it easy to say to employers, and everyone else in the community, that these individuals have already overcome more in life than they will ever face in the work place," added Julius Williams, director of the vocational rehabilitation & education program in for VA.

Thanks, Louisville Regional Office, for being a member of the VA/DAV team supporting "Miracles on the Mountain."

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WEATHER CORNER

Partly cloudy with a chance of more snow on the way.

Today's High: 42
Tonight's Low: 24



Mountain Medical School 101

Welcome to Mountain Medical School 101. Let me introduce myself... I'm your teacher, Dr. Cullen Matthews, and I'll be your guide to good mountain health this year. You can call me Cullen, Dr. Matthews or I'll even answer to "Dr. Feelgood." My focus though, is to make *you* feel good.

I've got a crack team of professionals working the medical services both at Snowmass and for the group at the Inn at Aspen in Buttermilk.

We know this is a new location and a new process that we're all getting the bugs out of, and we apologize for any inconvenience you veterans may be having getting to us, but there is a method to our madness. One of the biggest advantages to our set-up this year is that we have everything we need—including x-ray—right in one site. And, when you consider that we're only 20-30 feet away from the slopes, we can get to you quicker if you need help off the mountain.

So, we're happy to be here and will help with all your medical needs. For today, here's your first Mountain Medical School Lesson:

Lesson #1. First ice, then heat: When you strain a muscle or joint this week, think ice for the first 24-48 hours. Although the hot tub may seem enticing, warming those injuries can cause increased bleeding into the area which can make things more sore and swollen. Stick with the ice to reduce swelling and bleeding, then ease into that apres-ski hot tub later.

Stay tuned for Lesson #2 tomorrow!

Buttermilk Bits

Not everything at the Clinic is happening here in Snowmass Village. About 15 minutes away, 75 participants and staff are having a "mini-Clinic" down at Buttermilk Mountain, and staying at the Inn at Aspen.

Even though they are physically separated, they are still an important part of the Clinic.

According to Lisa Swain, coordinator for the event at Buttermilk, things

are going great. "It's really unique. Because the group is smaller here, it's very personal and more individualized. Everyone's having a great time," she said.

Ditto says Darryl McCauley from Warren, Ohio, a first-timer at the Clinic. "I skied on a mono-ski, broke a ski and did a flip. It was awesome! I finally caught some air and I didn't have to be on a plane to Cleveland!"

Participants at Butter-

Odds & Ends

- The "Mother Puckers," the local women's hockey team, has challenged "Team Winter Sports Clinic" to play this Thursday at the Aspen Ice Rink at 1:00 p.m. Get ready to rumble!

- Found!! A cane, gloves and goggles. See the Host Room to claim your lost items.

milk all eat breakfast and lunch there as well as downhill ski, scuba and climb. For all other activities, they are joining the larger group.

Buttermilk Mountain is one of four mountains in the Aspen/Snowmass area and is considered one of the premiere learning mountains in the country. It covers 415 skiable acres with over 43 runs, and gets an average annual snowfall of 200 inches a year.

Happy Skiing to everyone at Buttermilk!

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Gossip Goodies

Tattle-Trails

by Spilzie Beans



Because everyone was asking for me this year, I couldn't disappoint my fans. So here goes for some good juicy tidbits at this year's Clinic. My spies have been busy and report that there might be a shortage of red bras at Fredericks of Hollywood this week. Apparently, when taking a group of veterans to the television station today with Sandy Trombetta, a bright red one was seen being sported by someone from the Clinic...We've heard of giving the shirt off your back, but maybe a neutral color would work better next time.

Separated at birth? Seeing Chris Nowak, a participant from Philadelphia, coming down the street gave my spies a moment that almost ended in a body slam. Seems Nowak could be a double for World Wrestling Federation's Stone-Cold Steve Austin. Don't go surprising *this* guy behind his back!

I personally witnessed the return of the "weed-a-rita" is back by popular demand. Gotta love those scuba guys! WE THINK YOU'RE GREAT!!

More separated at birth...take a peek into the Host Room sometime this week and ask the guy with the ponytail to sing "On the Road Again." Spies swear he's really Willie Nelson in Clinic gear.

Don't be jealous Snowmass Village. Seems the Butter-milk folks have beautiful digs for eating meals...complete with a fireplace! Who says "bigger" is better.



Eats

Menu for Today

Lunch (11:30a.m. - 1:00p.m.): Fried chicken; pita bread with sliced veggies, mushrooms, red onions, cucumber, sprouts, tomatoes; beef brisket with BBQ sauce; chips; baked beans; brownies; assorted sodas and water.

Dinner (4:00p.m. - 5:30p.m.): Caesar salad with croutons & grated cheese; roast loin of pork with chutney sauce; baked veggie fettuccini tetrazzini with mushrooms; seasonal veggies, boiled parsley potatoes, rolls & butter; coffee, teas and iced tea

Breakfast for tomorrow (6:45a.m. - 8:45a.m.): Sliced fresh fruit; assorted dry cereals; oatmeal with raisins, brown sugar, bananas; red-skin potatoes with rosemary; grits; bacon & sausage; coffee, tea & chilled juices.

Freaky Flaky Forecast

Aries —Tell us again...you're HOW old??? (Remember, Golden Age Games are in June.)

Taurus —See, climbing the wall was a cinch for you. No bull. Now try scuba.

Gemini —Was that you at the instructor's party last night? No wonder people think you're special.

Cancer —Don't be a crab. You've had enough surprises this week. Now go have fun.

Leo—You're the center of attention on the slopes...just as you like it and just as the universal order planned it. Just don't fall.

Virgo—For being such a good neighbor yesterday, you will get a special prize when you least expect it. Star hint: check under the bed.

Libra—You're balanced, even-tempered and thoughtful—even with your mouth full of snow.

Scorpio —You have a great opinion of yourself. Why?

Sagittarius —You have impressed everyone with your talents. Now learn to ski.

Capricorn —Don't be bashful, or others will just keep getting your goat. That would be baaaad.

Aquarius —There seems to be a lot of you here. Does misery love company...or is there safety in numbers?

Pisces—You swim like a fish. You drink like one too. Wear floaters on the mountain today.